

# International Walk to School SAFEKIDS Walk This Way

More than 4,380 students from 13 local elementary schools participated in the 2002 International Walk to School - SAFEKIDS Walk This Way Day. This event brings health and safety agencies together to encourage children to walk to school. The message to children and their parents is two-fold (1) that regular physical activity, such as walking, promotes good health now and for a lifetime and, (2) that to walk safely, children must be taught safety rules, appropriate street crossing signals must be in place, speed limits must be observed, and neighborhoods must be conducive to walking. Mayor Wesely and Councilman Cook served as honorary crossing guards to help students safely cross the streets.



# PROMOTING ACTIVE AND HEALTHY LIFESTYLES

- Sponsor -

LINCOLN-LANCASTER COUNTY  
HEALTH DEPARTMENT

Community Health Services

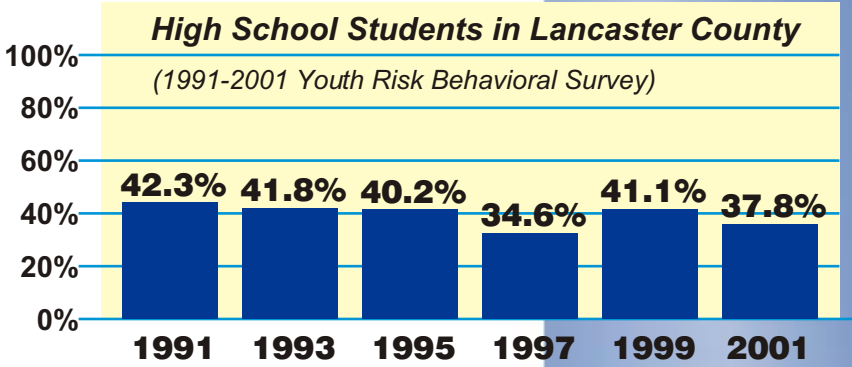
Be Heart Wise  
KNOW YOUR CARDIOVASCULAR RISK

FOR AN APPOINTMENT, CALL  
402-441-8065

- ✓ **22%** of Lancaster County adults have been told by doctor or health professional that they have a high blood cholesterol level (over 200 mg/dL).
- ✓ **8,041** (4.2%) of Lancaster County adults (18 years and older) have been told they have diabetes by a physician.
- ✓ **19%** of Lancaster County adults reported that they had high blood pressure.

(Source: 1993-2000 Adult BRFS Lancaster County)

## PHYSICAL EDUCATION CLASS ENROLLMENT



Mayor Don  
Wesely signs a  
Proclamation for  
"Ultimate SAFE  
KIDS Day"



## DENTAL HEALTH



According to the U.S. Surgeon General's Report on "Oral Health in America", recent research findings have pointed to a possible association between chronic oral infections and heart disease, diabetes, stroke, low birth weights and premature births.

David Satcher, M.D., Ph.D.